



# Help when you need it



## Talk with a nurse—day or night

Whether it's a sick child in the middle of the night or a minor weekend injury, health care questions don't stick to a schedule. TRICARE's Nurse Advice Line lets you talk to a nurse 24 hours a day, seven days a week. No call-backs, no waiting. Our nurses can help by:

- Scheduling an appointment with your military provider
- Offering self-care advice to help you feel better now
- Arranging for your healthcare provider to call you
- Advising emergency care if necessary

Call the TRICARE Nurse Advice Line any time at

# 00800-4759-2330



[www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil)